

**CALIFORNIA STATE LIBRARY  
LIBRARY SERVICES AND TECHNOLOGY ACT (LSTA)**

**Final Program Narrative Report**

A final narrative report is required on the use of federal Library Services and Technology Act (LSTA) funds following the completion of a project during each project year. The information you report will be used to complete the California State Library report of how funds were expended. Excerpts from this report may be submitted to the Federal government in their evaluation, or may be published by the State Library or shared with other institutions. Please answer all of the questions thoroughly.

This report is due on the date listed in the LSTA Grant Guide for this project. The grant guide is located on the California State Library's website at <http://www.library.ca.gov/grants/library-services-technology-act> under the heading "Manage Your LSTA Grant."

Email this report to your grant monitor. The grant monitor will review the report. When the grant monitor approves the report you will receive an email with notification that it has been approved. When that email is received print a copy of the report and have the library director sign it in blue ink. Mail the original and TWO copies to the address below.

**By Mail:**

California State Library  
P.O. Box 942837  
Sacramento, CA 94237-0001  
Attention: Fiscal Office-LSTA

**By Non-USPS Delivery:**

California State Library  
900 N Street  
Sacramento, CA 95814  
Attention: Fiscal Office-LSTA

**GENERAL INFORMATION**

**Grant Information**

Library Jurisdiction:	Fresno County Public Library		
Project Title:	Sit and Be Fit at the Library: Rotating Resources		
Grant Award Number:	40-8854	Fiscal Year:	18-19
Amount of Grant:	\$34,371	Amount of Grant Expended:	\$34,291

**Project Coordinator Information**

Project Coordinator Name:	Krista Riggs	Title:	Supervising Librarian
Phone Number:	(559) 600-6218		
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**Library Director Information**

Library Director Name:	Raman Bath	Title:	County Librarian
Library Address:	2420 Mariposa St		
Phone Number:	(559) 600-6237		
Fax Number:	(559) 600-7628		
E-mail Address:	countylibrarian@fresnolibrary.org		
Library Director Signature: (Please sign in blue ink)		Date:	

## Project Abstract

Use past tense and write for a general audience by avoiding jargon, acronyms, and abbreviations. Also avoid highly technical project details, numerical lists of project goals, and bullets. If possible, state the “who, what, and why” of the project in the first sentence or two. High-level results can be included, but specific outcomes are more appropriate to the Outcomes section. Ideal length is 90-160 words. . Refer to the project background and summary and project purpose statements in your grant application, and include any major changes in focus and activities.

Sit and Be Fit at the Library: Rotating Resources allowed Fresno County Public Library (FCPL) to expand on an existing program at the Fig Garden Branch that offered low-impact chair exercise programs for older adults and adults with disabilities. FCPL created eight program boxes to rotate among its 35 branches, outreach locations, and pop-up libraries for easy implementation in urban and rural settings. FCPL partnered with Fresno Parks, After School, Recreation, and Community Services (PARCS) and Fresno-Madera Area Agency on Aging to host programs at free congregate meal sites for seniors and facilitate conversations on topics concerning senior health and wellness. Combined, the exercise programs and conversations aimed to combat isolation and loneliness for older adults while building a sense of community and social support. Offering Sit and Be Fit programs within and beyond library walls allowed FCPL to provide free, equal access to supportive and inclusive programs and resources for adults of any ability in their own community.

## California's LSTA Goals

Check one goal that best describes the project. Refer to the grant application.

- ☐ Goal 1: California libraries provide equitable access to information, services, and resources in a trusted community space.
- ☐ Goal 2: California libraries deliver essential literacy services and provide learning opportunities for their communities.
- ☒ Goal 3: California libraries inspire, support and engage in innovation, creativity, connections, and collaboration in their communities.
- ☐ Goal 4: California libraries have the technology to deliver information and services in the ways their communities expect and need.
- ☐ Goal 5: California libraries contribute to economic development and workforce innovation in their communities.
- ☐ Goal 6: California libraries connect Californians to their history and culture by collecting, preserving, and sharing digital access to unique collections and materials that tell the stories of our local communities and celebrate our common heritage.
- ☐ Goal 7: California libraries are staffed by a skilled and diverse workforce whose members engage in continuing education and leadership development opportunities, deliver high-quality library and information services, and effect positive change in their communities.

## Project Intent

Check one intent that best describes the project. Refer to the grant application.

**Lifelong Learning**

- ☐ Improve users' formal education
- ☐ Improve users' general knowledge and skills

**Information Access**

- ☐ Improve users' ability to discover information resources
- ☐ Improve users' ability to obtain and/or use information resources

**Institutional Capacity**

- ☐ Improve the library workforce
- ☐ Improve the library's physical and technology infrastructure
- ☐ Improve library operations

**Employment & Economic Development**

- ☐ Improve users' ability to use resources and apply information for employment support
- ☐ Improve users' ability to use and apply business resources

**Human Services**

- ☐ Improve users' ability to apply information that furthers their personal, family, or household finances
- ☐ Improve users' ability to apply information that furthers their personal or family health & wellness
- ☐ Improve users' ability to apply information that furthers their parenting and family skills

**Civic engagement**

- ☒ Improve users' ability to participate in their community
- ☐ Improve users' ability to participate in community conversation around topics of concern

**Subject of Intent**

Select no more than two subjects (check only two boxes) that best describe the project.

- ☐ Arts, Culture & Humanities
- ☐ Business & Finance
  - ☐ Employment
  - ☐ Personal Finance
  - ☐ Small Business
- ☐ Civic Affairs
  - ☐ Community Concerns
  - ☐ Government
- ☐ Education
  - ☐ Afterschool activities
  - ☐ Curriculum support
- ☐ Environment
- ☐ General (select only for electronic databases or other data sources)
- ☐ Health & Wellness
  - ☐ Parenting and family skills
  - ☒ Personal/Family health and wellness
- ☐ History

- ☐ Languages
- ☐ Literacy
  - ☐ Adult literacy
  - ☐ Digital Literacy
  - ☐ Early literacy
  - ☐ Reading program (Not Summer Reading)
  - ☐ Summer Reading
- ☐ Science, Technology, Engineering & Math (STEM)
- ☐ Library Infrastructure & Capacity
  - ☐ Broadband Adoption
  - ☐ Buildings and Facilities
  - ☐ Certification
  - ☐ Collection Development & Management
  - ☐ Disaster Preparedness
  - ☐ Library Skills
  - ☐ Programming & Event Planning
  - ☐ Research & Statistics
  - ☐ Outreach & Partnerships
  - ☐ System & Technologies
- ☐ Other (please describe)

**Project Activities**

Activities are actions through which the intent or objective of the project is accomplished. There are four activity types (Instruction, Content, Planning & Evaluation, Procurement), each with select methods which describe how you carried out the activity. For this report, please choose all major activities/methods conducted under the project that represent at least 10% of the project's total resources. Each project must have at least one activity/method associated with it and may have multiple activities/methods. There are four types of activities (Instruction, Content, Planning & Evaluation, Procurement), each with its own set of methods, as listed here:

Instruction	Content	Planning & Evaluation	Procurement
<ul style="list-style-type: none"> <li>• Program</li> <li>• Presentation/Performance</li> <li>• Consultation/Drop In/Referral</li> <li>• Other</li> </ul>	<ul style="list-style-type: none"> <li>• Acquisition</li> <li>• Creation</li> <li>• Preservation</li> <li>• Description</li> <li>• Lending</li> <li>• Other</li> </ul>	<ul style="list-style-type: none"> <li>• Prospective</li> <li>• Retrospective</li> </ul>	<ul style="list-style-type: none"> <li>• n/a</li> </ul>

**Instruction Activities** - Please fill out one Instruction Activity Report Form for each activity you are reporting on and attach to this report.. It can be found at : <http://www.library.ca.gov/grants/library-services-technology-act/pitch-an-idea/>

Do you have an Instruction - Program Activity to report?	<input checked="" type="checkbox"/> Yes How many? <u>1</u>	<input type="checkbox"/> No
Do you have an Instruction - Presentation/Performance Activity to report?	<input checked="" type="checkbox"/> Yes How many? <u>1</u>	<input type="checkbox"/> No
Do you have an Instruction - Consultation/Drop In/Referral Activity to report?	<input type="checkbox"/> Yes How many? ____	<input checked="" type="checkbox"/> No
Do you have an Instruction - Other Activity to report?	<input type="checkbox"/> Yes How many? ____	<input checked="" type="checkbox"/> No

**Content Activities** - Please fill out one Content Activity Report Form for each activity you are reporting on and attach to this report. It can be found at : <http://www.library.ca.gov/grants/library-services-technology-act/pitch-an-idea/>

Do you have a Content - Acquisition Activity to report?	<input type="checkbox"/> Yes How many? ____	<input checked="" type="checkbox"/> No
Do you have a Content - Creation Activity to report?	<input checked="" type="checkbox"/> Yes How many? <u>1</u>	<input type="checkbox"/> No
Do you have a Content - Preservation Activity to report?	<input type="checkbox"/> Yes How many? ____	<input checked="" type="checkbox"/> No
Do you have a Content - Description Activity to report?	<input type="checkbox"/> Yes How many? ____	<input checked="" type="checkbox"/> No
Do you have a Content - Lending Activity to report?	<input type="checkbox"/> Yes How many? ____	<input checked="" type="checkbox"/> No
Do you have a Content - Other Activity to report?	<input type="checkbox"/> Yes How many? ____	<input checked="" type="checkbox"/> No

**Planning & Evaluation Activities** - Please fill out one Planning & Evaluation Activity Report Form for each activity you are reporting on and attach to this report. It can be found at : <http://www.library.ca.gov/grants/library-services-technology-act/pitch-an-idea/>

Do you have a Planning & Evaluation - Prospective Activity to report?	<input type="checkbox"/> Yes How many? ____	<input checked="" type="checkbox"/> No
Do you have a Planning & Evaluation - Retrospective Activity to report?	<input type="checkbox"/> Yes How many? ____	<input checked="" type="checkbox"/> No

**Procurement Activities** - Please fill out one Procurement Activity Report Form for each activity you are reporting on and attach to this report. It can be found at : <http://www.library.ca.gov/grants/library-services-technology-act/pitch-an-idea/>

Do you have a Procurement Activity to report?	<input type="checkbox"/> Yes How many? ____	<input checked="" type="checkbox"/> No
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## Project Outcomes

1. List any important outcomes or findings not previously reported.

FCPL's program attendance statistics for older adults increased by over 1,000 participants from FY 17-18 to FY 18-19, largely due to the Sit and Be Fit program and the increased awareness it brought to library programs and services.

For Outcome 1a/1b, 87.64% of respondents agreed or strongly agreed that they found what they wanted at the library. 95.56% agreed or strongly agreed that they felt welcome at the library, and 93.26% agreed or strongly agreed that they trust the information found at the library. Similarly, 94.25% agreed or strongly agreed that they trust library staff, 93.10% feel the library is an important part of the community, and 94.50% intend to return to the library.

For Outcome 3c, 94.25% of respondents agreed or strongly agreed that they trust library staff, 93.10% feel the library is an important part of the community, and 94.50% intend to return to the library. In addition, 71.59% of respondents agreed or strongly agreed that they connected with other people, agencies, or programs because of the library.

2. Please briefly describe the importance of these outcomes and findings for future program planning.

These findings are important as they show evidence of a continued need in the community for programming that is relevant and meaningful to older adults, both within library branches and beyond walls via community partnerships throughout Fresno County. The responses for Outcome 3c are especially important, as FCPL hoped the program would help older adults and adults with disabilities form social connections and a sense of community to combat loneliness and isolation.

3. Explain one or two of the most significant lessons learned for others wanting to adopt any facets of this project.

One important lesson learned is to train and remind staff facilitating the program about the importance of building community during the activities. It can be tempting for staff to turn on the video and let the program 'run itself,' but participants enjoy it much more, and have a better chance of returning, when facilitators take time to get to know participants and let them get to know each other. This helps combat isolation and build community within the group.

Another lesson learned is to advertise/ promote the speaker presentations during Sit and Be Fit programs, and to hold the presentations right before or after the activity. The presentation at the community center was well attended, but the presentations in library branches did not seem to attract the same numbers, or attract the regular attendees of the exercise programs.

A final lesson learned is to continue supporting an inclusive and welcoming environment for all. At two locations, adults with disabilities participated alongside older adults in the exercises, building connections between communities.

4. Do you anticipate continuing this project after the current reporting period ends?

☒ Yes (If you check this box, answer a and b below)

☐ No (If you check this box, go to #5)

a. Do you anticipate any change in level of effort in managing this project?

☒ Yes ☐ No

If yes, explain: Our branch librarians will lead programs going forward, with several already scheduled for fall. The number of programs, locations, and use of community partnerships may change from this shift in leadership and based on community need.

b. Do you anticipate changing the types of activities and objectives addressed by the project?

☐ Yes ☒ No

If yes, explain:

5. Was an evaluation conducted for this project?

☐ Yes (If you check this box, answer a below)

☒ No (If you check this box go to the Exemplary Project section)

a. Was a final written evaluation report produced?

☐ Yes (If you check this box, answer b below)

☐ No (If you check this box go to the Exemplary Project section)

b. Can the final written evaluation report be shared publicly on the IMLS website?

☐ Yes (If you check this box, answer c-h below)

☐ No (If you check this box go to the Exemplary Project section)

c. Was the evaluation conducted by project staff (either SLAA or local library) or by a third-party evaluator? Select the primary individual responsible for conducting the evaluation.

☐ Project Staff

☐ Third-Party

d. What data collection tools were used for any report outcomes and outputs?

☐ Administrative Records Review

☐ Surveys

☐ Direct Observation

☐ Interviews

☐ Focus Groups

☐ Participant Observation

☐ Other - Explain:

e. Did you collect any media for the data?

☐ Photos

☐ Videos

☐ Audio

f. What types of methods were used to analyze collected data?

☐ Statistical Methods

☐ Qualitative Methods

☐ Other - Explain:

g. How were participants (or items) selected?

- ☐ Randomly – We selected people (or items) arbitrarily.
- ☐ Systematic Sample – We selected every nth person (or item).
- ☐ Targeted Sample – We selected based on a desired characteristic, e.g. age.
- ☐ Census – We selected everyone (or every item).
- ☐ Word of mouth – We asked participants to tell their community/friends/family and encourage them to participate.
- ☐ Other - Explain

h. What type of research design did you use to compare the value for any reported output or outcome? (Select all that apply; for those that are selected, include a brief narrative description that summarizes reporting approach.)

- ☐ No comparison for any reported output or outcome. Brief Description:
- ☐ Comparison of a reported output or outcome to an assigned target value. Brief Description:
- ☐ Pre-post comparison for a reported output or outcome. Brief Description:
- ☐ Comparison for a reported output or outcome to another, non-randomly selected group not participating in the project. Brief Description:
- ☐ Comparison for a reported output or outcome to another randomly selected group not participating in project. Brief Description:

**Exemplary Project**

If you feel your project was exemplary and others could learn from it and replicate it, please tell us why.

I believe the project is exemplary in it's ability to build and strengthen a sense of community among older adults and adults with disabilities. It offers a relevant program that combats isolation and loneliness while providing accessible, low-impact exercise in a welcoming environment. It would be easy for other library systems to replicate, and also easy to cater to the size, staffing, and unique needs of a system and its community.

**Additional Materials**

If you have additional materials please attach after this page.

Sit and Be Fit Program Flyer  
Sit and Be Fit Presentation Flyer  
Sit and Be Fit Newspaper Advertisement